Module I:
Eliminating Barriers for Learning:
The Foundation

Slides

I-13

SLIDES

MODULE I

MENTAL HEALTH

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What Would You Do About...

- A student with asthma?
- A student with diabetes?
- A student with food allergies?
- A student with severe depression?

Why Focus on Mental Health Issues?

- They are common and can affect learning
- Stigma creates barriers to getting help
- Teachers can help remove barriers
- Benefits for schools, classrooms, students:
    - Higher academic achievement
    - Lower absenteeism
    - Fewer behavioral problems

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Overall Purpose of Training

The overall purpose of the training is to help eliminate barriers to learning by understanding and addressing mental health issues in the school environment.

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Overview of Modules

Module I: Eliminating Barriers for Learning: The Foundation
- Social-emotional development, stigma, and discrimination

Module II: Social-Emotional Development, Mental Health, and Learning
- Overview of disorders, effects on learning, and risk factors

Module III: Making Help Accessible to Students and Families
- Formulating a plan to help students with mental health needs

Module IV: Strategies To Promote a Positive Classroom Climate
- Creating a climate that promotes learning and mental health

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Goal

The goal of Module I is to describe the links among social-emotional development, mental health, and learning.

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Objectives

- **Relate social-emotional development to academic and nonacademic success**
- **Know the definition of serious emotional disturbances**
- **Understand the teacher's role in relation to mental health and emotional problems**
- **Understand the stigma surrounding mental health problems and the impact of stigma and discrimination on help-seeking behavior**

Serious Emotional Disturbances: Definition

Diagnosable disorders in children and adolescents that severely disrupt their daily functioning in the home, school, or community. These disorders include:

- Depression
- Attention-deficit/hyperactivity disorder
- Anxiety disorders
- Conduct disorder
- Eating disorders

What Is Stigma?

In these modules, stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid, and discriminate against people with mental illnesses. Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma and the resulting discrimination discourages individuals and their families from getting the help they need.

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Stigma, Discrimination, and Help-Seeking Behavior

- **WHAT (Identification)**

- **WHY (Referral)**

- **WHERE (Treatment)**

The Teacher's Role

- **Observer**
- **Catalyst**
- **Team member**
- **Educator**
- **Role model**
- **Collaborator**